

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Strengths, Weaknesses, Opportunities, Threats

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your email? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your goal?

How many hours a week do you work?

How many hours of sleep? Hours of Sun?

What is your diet like? Supplements?

Are you or have you taken prescription drugs?

How much water do you drink everyday?

What is your caffeine intake?

Do you ever smoke or drink? How often? How much? How do you decompress?

Do you currently do any exercise routines? Any sports history?

Any previous injuries?

Stakes!

Long term sustained vs.

Highly motivated bounce back

Email resource list.

Corrective Prescription:

|  |  |  |
| --- | --- | --- |
| Deep Squat |  |  |
| Hurdle Step |  |  |
| In Line Lunge |  |  |
| Sh Mob |  |  |
| ASLR |  |  |
| PSU |  |  |
| Rotary |  |  |
| Ankle mobility |  |  |
| Total |  |  |